

BARBARA LEE SENIOR CENTER
40 N. Milpitas BLVD
Milpitas, CA 95035
(408) 586-3400
Monday-Friday, 8:30 AM-4:30 PM



SENIOR CONNECTION NEWSLETTER



SAYING GOODBYE

Roseann Costabile Set To Retire on Friday, August 28th 2015!

Roseann Costabile began working at the Milpitas Senior Center on March 13, 1995 as the Nutrition Program's Site Manager. Over the past 20 years with us, she has been instrumental in the daily lunch program's efficiency. With an average of 85 meals a day

over the past 20 years, she's helped serve **423,300 people!** Roseann is also the Senior Center's trip planner & driver.

When she's not at work, Roseann has been involved with California Garden Clubs, Inc., serving as District Director of Santa Clara Valley, as well as a member of the Milpitas Green Thumb Garden Club. Roseann is currently working on getting a Blue Star Memorial Bench placed in the Veterans Plaza in Milpitas and is very active with her church's Italian group and their charitable activities (whew!)

Please join us to celebrate Roseann's Retirement on **Friday, August 28th at 2PM** in the Auditorium at the Barbara Lee Senior Center. We will have a special program, followed by karaoke entertainment. Additional information and fliers will be available in late July!

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Barbara Lee Senior Center Memberships



Milpitas' Barbara Lee Senior Center is for adults 50+. A Senior Center Membership is required to participate in all programs (unless otherwise noted, such as Lunch Program or Bingo). Membership fees are \$12 for Milpitas residents and \$30 for non-residents. Milpitas residents must show 2 proofs of residency for discount rate. **Please note:** For any total of \$10-\$50 there is a \$1 processing fee. For totals of \$51 or more the processing fee is \$3. **Processing fees are non-refundable.**

If you are a Senior Center Member, you can take advantage of our Case Management Services. Lechi Nguyen is available by appointment only to assist seniors in the following areas:

- * Social Services: Medicare, Medi-Cal, Social Security, Health Insurance, S.S.I.
- * In Home Care Needs Resources (No Home Visits)
- * Transportation Resources
- * PG&E Bill Assistance (H.E.A.P. & Care Programs)
- * Low Income Telephone Programs
- * Food Vouchers, Brown Bag, Meals-On-Wheels
- * Citizenship & Immigration Challenges
- * Housing Resources
- * Adult Day Care Referrals



To make an appointment, please call **(408) 586-3405**.

Additional Senior Center Services

- Blood Pressure Readings
- Applications for VTA RTCID Cards (for discount monthly passes for seniors or with disabilities)
- Legal Services (SALA): 2nd & 3rd Thursday monthly, 10:00 AM-Noon (call 408-586-3400 for appt.)
- Outreach Transportation
- Loan Closet (walkers, wheelchairs, etc) available for members to borrow.



**Subscribe to
our Newsletter**



WANT TO CONTINUE RECEIVING NEWSLETTER BY MAIL??

We've gone green! Households that wish to continue receiving the newsletter by mail will be requested to pay a \$5 a year subscription fee. To continue receiving newsletters by mail, please register at the Senior Center Front Desk.

Newsletters may be viewed at the Senior Center Front Desk and are available by visiting the City of Milpitas website at www.ci.milpitas.ca.gov. Follow the quicklinks to Recreation Services, then to Senior Center for the Newsletter. You can also subscribe to the Newsletter page to receive an automatic email when the newsletter is put on the website. Thank you for your support!

Fitness Room

Why pay expensive Fitness Center prices to stay healthy when you can use the Senior Center Fitness Room for a fraction of the cost? We have treadmills, elliptical machines, stationary bikes and weight equipment available for you.

Please Note: Only Senior Center Fitness Passes are valid at the Senior Center (no Sports Center Fitness Passes). Unauthorized personal training or fitness instruction is not permitted in our facility.

Senior Center Fitness Passes Fees

5 Visit Pass \$7.50
10 Visit Pass \$15.00
15 Visit Pass \$22.50
20 Visit Pass \$30.00



Fitness Room Orientations

3rd Friday of each month • 1:00 PM

Learn from a professional how to safely use the Fitness Room equipment! There is no fee for this orientation, but we do ask that you sign-up in advance at the Front Desk at least one day prior. As with any exercise program, please be sure to check with your doctor before starting.

Personal Trainer Sessions

The Senior Center has a personal trainer that can assist you with your fitness needs. Michelle Creamer is a Certified Personal Trainer and Senior Fitness Specialist that you can work with directly in our Fitness Room. She will meet with you to talk about your needs, put together a workout schedule and help train you in the Fitness Room to help meet your goals! Clients schedule and pay for their training sessions directly with the trainer. To talk with Michelle Creamer about scheduling a session call (408) 221-3500.

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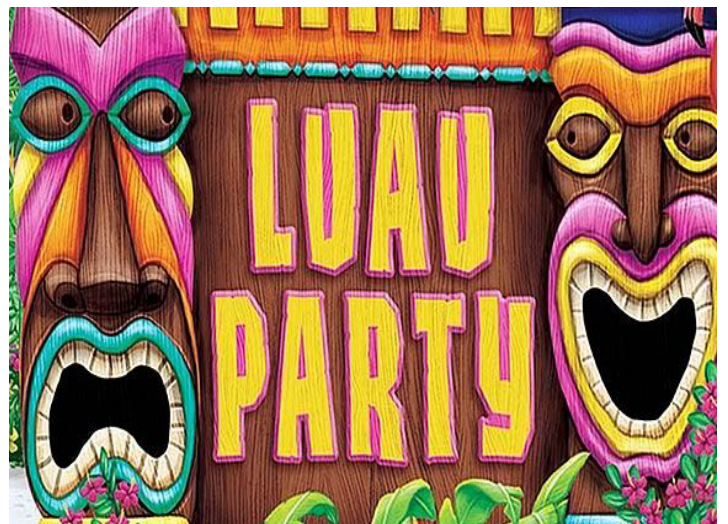
SENIOR CENTER SUMMER DANCE

Friday, August 14th

1:30PM-4:00PM

FREE

Wear your grass skirt and lei and join in the fun at the Barbara Lee Senior Center. A professional DJ will be spinning a mixture of music guaranteed to meet everyone's dance style. Refreshments will be served.



Please pick-up a trip registration form from the Senior Center Front Desk. Trip registration is first come, first serve. **Please Note:** All trip participants **must** have a current Senior Center membership. Participants are required to be independent and must be at departing locations on time! Failure to be at meeting spots on time will result in the bus leaving without you and suspension from future trips.

A's Baseball Games

Thursday, July 23rd and/or Wednesday, August 5th

10:30 AM-5:00 PM / Cost \$5 Per Trip Date



It's time to "Play Ball"! Come join the Barbara Lee Senior Center as we root for the Oakland A's! On Thursday, July 23rd the A's will be playing the Toronto Blue Jays. On Wednesday, August 5th, the A's will take on the Baltimore Orioles. You can sign up for one or both trips. Trips are co-sponsored by the Oakland A's Community Fund "Senior Days". Trip fee includes transportation and game admission. Fee does not include food or souvenirs.

Treasure Island Culinary Trips

Thursday, July 30th and/ or Tuesday, August 18th

10:30 AM-3:30 PM / Cost \$20 Per Trip Date

Students at the Treasure Island Culinary Institute's dining room will dazzle us with a fine meal on one of the most interesting islands in the San Francisco Bay. What a view and what a meal! A \$5 transportation fee is due at registration and \$15 (in exact cash) is due to the driver on the day of the trip to pay for meal, tax and server's gratuity.



DAY TRIP WITH GOLDEN WEST TRAVEL

Lights, Camera, Action! / Monday, July 27th / 8:15 AM-5:00 PM / \$97

Driver's gratuity will be collected on the bus.

Register at the Senior Center's Front Desk

(Deadline to register is Thursday, July 9th).

Enjoy a day visiting San Francisco with our "Director" (guide) Craig Smith who will share over 40 of the best film clips ever made, including "The Birds," "Vertigo," "Bullitt," "Dirty Harry," "Foul Play," "Star Trek IV," "Guess Who's Coming to Dinner," "The Maltese Falcon" and "The Birdman of Alcatraz." You'll mostly see location shots in and around San Francisco, but also many powerful scenes from these films as they relate to San Francisco. We'll have a hosted lunch at the Fog Harbor Fish House at Fisherman's Wharf. After lunch the tour continues and ends with dessert at Mel's Drive-in on Geary (same diner used in "Guess Who's Coming to Dinner". Trip fee includes transportation, tour guide, lunch and dessert. A Driver's Gratuity will be collected on the bus. **Senior Center membership is not required to participate.** Invite your friends!

CASINO TRIPS**(Senior Center Membership Not Required)****Raffle Drawing On The Bus!****Morning Snack Provided!**

Join us and Golden West Travel on these fun, one-day casino trips! On the way we'll play Bingo on the bus (cards are \$2 each). Driver gratuity will be collected on the bus. Casino Player Card is required to receive the Slot/Match Plays and discounts. Bus will pick-up registered participants in front of the Senior Center.

Graton Casino

Tuesday, August 25th

\$30

8:00 AM-5:00 PM (trip check-in 7:10 AM-7:45 AM)

Receive \$10 Free Slot Play or \$15 Match Play

Register by Monday, August 17th

Cache Creek Casino

Tuesday, October 20th

\$30

8:45AM-5:00 PM (trip check-in 8:00 AM)

Receive \$10 Free Slot Play or \$20 Match Play
& \$5.00 Food Credit (not valid for buffet)

Register by Monday, October 12th

Extended Stay Trips w/ Premier World Discovery Trips Presentation**Tuesday, July 14th / 10:30 AM / FREE**

If you enjoy new experiences and traveling, come learn about the upcoming trips the Senior Center is offering! Kris Adams, from Premier World Discovery Trips will present information on these upcoming long-distance trips! Long distance group trips are offered through Premier World Discovery throughout the year. Detailed flyers are available at the Senior Center. Extended Stay trips require full payment 75 days prior to departure. Prices vary per trip.

2015 Trips Still Being Offered:

- Cape Cod and the Islands (9/13, 7 days)
- New England Rails & Trails (10/1, 8 days)
- Santa Fe Holiday (12/2, 5 days)

2016 Trips:

- Charleston & Savannah (4/10/16, 7 days)
- Southwest Trains & Canyons (6/16/16, 8 days)
- Canadian Rockies Getaway (7/17/16, 6 days)
- Venice & the Italian Lakes (10/4/16, 6 days)



JULY & AUGUST CLASSES—Registration Begins July 13th!

Joy of Color – Oil Painting

This course teaches students to paint representative landscapes so knowledge of drawing is not needed. Using an innovative technique, this course “re-educates” people to learn perspective-based drawing. Each pupil will select and paint a unique picture that’s appealing. Students must bring their own supplies. A supply list is available at the Senior Center Front Desk. Instructor: Doreen Walker.

#2390	Tuesdays	9:00 AM-Noon	8/11-9/29	8 days	\$48 (\$58 non-res)
#2391	Wednesdays	9:00 AM-Noon	8/12-9/30	8 days	\$48 (\$58 non-res)
#2392	Wednesdays	1:00-4:00 PM	8/12-9/30	8 days	\$48 (\$58 non-res)
#2393	Thursdays	9:00 AM– Noon	8/13-10/1	8 days	\$48 (\$58 non-res)

Chinese Brush Painting

These classes explore the beauty of Chinese brush painting. You’ll learn how to paint flowers, birds, insects and landscapes on rice paper. Weekly lessons start with basic strokes through demonstrations and then lessons progress. Instructor: Betty Ling. ***No Class on September 7th.**

#2395	Beg:	Mondays	12:30-3:30 PM	8/10-9/29*	7 days	\$42 (\$52 non-res)
#2396	Adv:	Fridays	12:30-3:30 PM	8/14-10/2	8 days	\$48 (\$58 non-res)

Line Dancing

Line Dancing does not require a partner and is a fun and great way of exercising. New Beginner is for students with no Line Dance experience. Beginner Level 2 is for students who have had Line Dance classes. Advanced Beginner is for students who have had 6-12 months of Line Dance classes. Students can only register for one class. Students need to wear appropriate clothing and shoes (no black soled shoes) for dancing. Instructor: Can Tu Ly.

#2383	New Beg:	Wednesday	9:00-10:00 AM	8/12-9/30	8 days	\$16 (\$26 non-res)
#2385	Beg 2:	Wednesday	10:00-11:00 AM	8/12-9/30	8 days	\$16 (\$26 non-res)
#2388	Adv Beg:	Wednesday	11:00 AM-Noon	8/12-9/30	8 days	\$16 (\$26 non-res)

Spring Chickens

Mondays, 10:00 - 11:00 AM and Thursdays, 8:50 - 9:50 AM

You’ll be led through chair-based exercise routines designed to improve strength, balance, agility, endurance and flexibility in older adults. Nutrition education will also be covered. Students should wear comfortable clothing that allows movement.

Instructor: Sylvia from Fit is Gold. ***No Class on September 7th**

#2747	Mondays & Thursdays	See Description	8/17-10/12*	16 days	\$32 (\$42 non-res)
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JULY & AUGUST CLASSES CONTINUED:

Computer & Technology Classes

Beginning computer classes are offered in partnership between Milpitas Adult Education and the Barbara Lee Senior Center. Class details are available in the Milpitas Adult Education Class Guide. **Classes are held at the Senior Center, but all registration is done by Milpitas Adult Education. Please call (408) 635-2692 or visit www.adulted.musd.org.**

The Basics	Wednesday	1:00 PM-2:30 PM	8/19-9/30	6 days	\$30
Beyond Basics	Wed/Thurs	1:00 PM-2:30 PM	10/7-10/22	6 days	\$30

Flower Arranging Class—Register By July 6th!

No matter the season or the reason, flowers always add the right touch to a room or make a nice gift! This workshop will teach you the basics of making a summer floral arrangement that is yours to keep or give away. All class supplies will be provided by the instructor. Instructor: Christian Blancett, Fremont Flower Pavilion's Manager/Lead Designer

#2706 Monday 1:00 PM-3:00 PM 7/13 1 day \$15

Make Your Own Family Calendar!

Here's a solution if you have a hard time remembering birthdays and anniversaries! In this 2 day workshop, you will make a unique calendar with special dates of your family members that will last year to year. You can make it for yourself or give as a holiday gift to a family member.

#2738 Thursday 1:00 PM-3:30 PM 8/13 & 8/20 2 days \$15

AARP Driver Class: Thursday & Friday, October 15th & 16th / 9:00AM-1:30PM \$15 (\$20 Non-AARP Members)

This course is for adults 50+ to help them drive safely. This 8 hour course (with breaks) is for new students or students who completed the course more than 3 years ago. Register in advance at the Senior Center Front Desk with cash or check (payable to AARP). Senior Center Membership is **not** required.



EVENING BINGO:

Due to low attendance, Tuesday Night Evening Potluck & Bingo has been cancelled.

MOBILE DENTAL BUS:

The mobile dental bus won't be at the Center in July or August but will return in September.

Foot & Leg Pain: Thursday, July 2nd / 11:00 AM

Do you or a loved one have pain in your feet or legs? If so, this presentation will discuss some treatments available. A representative from Pacific Coast Medical Center, Inc., will present this information.

Sourcewise: Tuesday, July 7th / 10:30 AM

A representative from Sourcewise will present information explaining Sourcewise's programs and services that benefit older adults. Sourcewise strives to empower the community by providing access to information through a comprehensive network in collaboration with Santa Clara County, state and local resources. Direct services include Information & Awareness, Health Insurance Counseling, Care Management, Meal on Wheels, Senior Employment and more!

New Member Orientations: Tuesdays, July 14th & August 11th / 10:00 AM

If you are new to the Barbara Lee Senior Center or would like a refresher on all of the wonderful services and activities, please join us on the second Tuesday of the month for an informative tour and informative presentation. Please sign up at the front desk or by calling (408) 586-3400.

Kaiser Permanente Enrollment: Tuesday, July 28th & Tuesday, August 25th 10:00AM-Noon

Carl S. Foster, a representative of Kaiser Permanente, will be at the Senior Center to present information on it's Senior Advantage healthcare coverage program. If you decide to enroll, Carl can assist you with the enrollment application process. Kaiser Permanente has a 5-star rating by Medicare and is able to accept enrollments year round.

Estate Planning Seminar: Thursday, July 23rd / 10:30 AM





Every person has a default estate plan. It is up to you to decide its terms. By using a will, trust, or some other options during your lifetime, you can control your own estate plans and save your beneficiaries cost and time. Come learn what estate planning options best suit your goals and needs. Alex Chen from Chen Legal Group will present this information.


Avoid Real Estate Scams: Friday, August 14th / 10:30 AM

Many people who have lived in their home for many years are unaware of its market value and unfortunately there are some realtors who will take advantage of that fact. Come to this presentation and learn tips on how to avoid becoming a victim of deceitful schemes and become aware of the signs realtors may try to cover. Prerena Saraiya from Real Equity 360 will present this information.

Barbara Lee Senior Center

July 2015 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Salad Plate & Veggie Chowder Soup  or Braised Pork Ribs with Pumpkin	7 Baked Fish (unbreaded) with Tartar Sauce & Lemon	8 Crispy Baked Chicken	9 Beef Enchilada or Lemongrass Pork Chop	10 Creamy Turkey with Vegetables & Biscuit
Alternate Choices: Chicken & Cranberry Salad or Black Bean & Quinoa Salad or Grilled Turkey & Cheese (Sourdough) Sandwich & Veggie Burger				
13 Sweet & Sour Pork or Fish with Eggplant	14 Chicken Scallopini	15 Open Faced Turkey Sandwich with Gravy	16 Lasagna (veg) & Chicken Orzo Soup or Beef with Vegetables 	17 Pork Loin with Gravy
Alternate Choices: Santa Fe Chicken Salad or Spinach, Almond & Egg Salad or Turkey & Grape Wrap or Grilled Veggie & Cheese on Sourdough				
20 BBQ Chicken or Pork Chop with Onion	21 Roast Beef with Gravy & Tomato Basil Soup 	22 Fish (breaded) Sandwich	23 Sesame Pork or Chicken with Mixed Vegetables	24 Beef Hamburger with Cheese
Alternate Choices: Turkey Cobb Salad or Veggie Cottage Cheese Salad or Tuna Salad Sandwich or Veggie Wrap				
27 Baked Tilapia with Salsa or Korean-Style Pork Chop	28 Roast Turkey with Gravy	29 Orange Glazed Chicken & Minestrone Soup 	30 Meatloaf with Gravy or Fish with Black Bean Sauce	31 Pineapple Glazed Pork
Alternate Choices: Chef Salad or Veggie Black Bean & Orzo Salad or Roast Beef on Rye Sandwich or Black Bean Burger				

- **Call (408) 586-3413 to make or cancel your reservation.** Reservations are required to guarantee a lunch. *If you are unable to come for lunch and fail to cancel your reservation, your remaining reservations will be canceled until we hear from you.*
- **Reservations must be made by Noon (12:00 pm) 2 days before you plan to attend (order by Noon on Thursday for a Monday lunch).**
- Suggested contribution is \$3.00 for seniors 60 years and older. Guests under 60 are \$6.00.
- Check-In Desk is open 10:30-11:45 am. Please check-in by 11:30 am or your lunch may be given to someone on the Waiting List.
-  Indicates meals that exceed 1,000 mg of sodium.
- Meals are to be eaten at the lunch program. Taking meals from the lunch room is done at your own risk and should be eaten or refrigerated within 30 minutes of leaving. Reheat in a 350°F oven until bubbly for 5 minutes. Discard any food left after 3 days.

Zumba Gold

Tuesdays & Thursdays • 10:00 AM

\$2 Drop-in

Zumba is a fitness class with Latin flair. It brings dance style rhythms in a fun party-like environment while promoting strength, flexibility and balance. Zumba Gold is modified for older adults. *This class is popular and usually sells out. Participants need to buy their own ticket starting at 8:45 AM on day of class.* Maximum class size is 30 participants. Instructor: Toni Perrina.

Beginning Yoga

Tuesdays & Fridays • 8:40 AM

Enjoy the many benefits of Yoga! Please wear stretch pants and t-shirt and bring your own mat, large towel, yoga strap (or old neck tie). **Please Note:** Maximum of 25 participants per class.

Quilting Bee

1st & 3rd Tuesday of Month • 1:30 PM

If working with fabric and creating memories is your thing, come join in! Quilters will be responsible for purchasing their own supplies for quilting projects.

Chair Exercises

Mondays & Thursdays • 11:10 AM-Noon

You can improve your balance, stretch & tone muscles, and strengthen legs and arms by following the video tape of chair-based exercises.

Please Note: Space is limited to the first 25 people and there is no saving chairs for other people.

Hand & Foot

Fridays • 1:00 PM

Hand & Foot is a card game related to canasta. Depending on number of players, this can be played in singles or doubles. Learn how to play this fun game at the large table outside the lunch room.

Bingo Programs

Wednesdays, Weekly 1:15-3:30 PM

- Cash prizes (determined by # of players).
- Minimum buy-in is one game pack (\$5 for 10 games / 6 cards per game). Extra packs are \$4 each (players must play their own cards, no splitting/sharing of packs). Optional Double Action is \$1 per card. Ink daubers \$1 each.
- Bingo sessions are for ages 18 and up, and Senior Center membership is not required.

Genealogy Research

2nd & 4th Thursdays • 1:00-3:00 PM

Have you ever wondered where your family originated? Now's your chance to research it! The leader has researched her own family tree and helped many others get started. A material fee of \$5 is payable to the leader (Roxann Wahl) for a Genealogy Research Guide.

Computers

Senior Center members can use the public access computers at the Senior Center on a first come first serve basis. There is a 30 minute time limit when people are waiting. Users are not allowed to download items to the computer or save information on the computer. Users may not visit inappropriate, pornographic websites. A daily limit of 5 sheets of paper are available per user for printing. **Please Note:** Senior Center staff doesn't provide computer instruction or repairs.

Qigong

Wednesdays • 3:00 - 4:00 PM

Qigong is an effective exercise similar to Tai Chi that uses gentle movements. You should wear comfortable clothing & appropriate shoes.

Movie Day

2nd & 4th Mondays of Month • 1:00 PM

Free movie and popcorn! Upcoming movie info is posted on the Senior Center's bulletin board. We take suggestions on movies to show.

Bridge—Party Style

Mondays-Fridays • 1:00-4:00 PM

Tables are available for players to form their own groups. If you want to learn or need a refresher course, lessons are available on Mondays, 1:00-4:00 PM in the Game Room.

Duplicate Bridge

Tuesdays • 1:00 PM

Duplicate bridge is the most widely used variation of contract bridge club and tournament play. It is called *duplicate* because the same bridge deal is played at each table and scoring is based on relative performance. Players will need a convention card and be ready to play 18 boards. At the end, players will receive the hand record.

Crochet & Knit

Mondays • 9:00-11:30 AM

Work on your crocheting or knitting in a social setting and see what other people are making. If you need help getting started there are plenty of people to learn from! Bring your own supplies.

Book Club

3rd Tuesday of month • 10:30-11:30 AM

Each month the Book Club meets to discuss their recently read book and to receive the next book. The Book Club is limited to 12 people each month. If you are interested, please contact the Front Desk.

Guitar

Wednesdays • 9:30-11:00 AM

If you enjoy playing the guitar, join the Guitar group! You'll learn different songs and make new friends. Players need to provide their own instrument. Sheet music is provided.

Ukulele

Wednesdays • 1:30-2:30 PM

Bring your ukulele and join in the fun! It's a great place to learn if you don't know how to play.

Shall We Dance

Fridays • 1:30 PM

Exercise while having fun! This afternoon social dance session features mostly line and folk dances so there's no need for a partner!

Please Note: Space is limited to 40 people.

Game Rooms

The Senior Center has two rooms for games. One features five tables for playing table-top games (i.e. cards, tile, board games) and is reserved for bridge lessons on Monday afternoons. The other room has two pool tables and three ping pong tables. Time limit for games are 15 minutes for Ping Pong and 20 minutes for pool.

Mandarin-Speaking Programs

The following drop-in programs are offered at the Senior Center and instruction is in Mandarin. Senior Center Membership is required.

Chinese Folk Dance	Mon	9:00-10:00 AM
Chinese Karaoke	Mon	1:00-3:30 PM
Yuen Chi Dance	Tue	1:30-3:00 PM
Chinese Crafts	Wed	9:00-11:30 AM
Ballroom Dance	Thurs	1:30-3:30 PM
Calligraphy	Fri	9:30-11:30 AM
Chinese Chorus	Fri	9:30-11:00 AM
Chinese Folk Dance	Fri	11:00 AM-Noon

BARBARA LEE SENIOR CENTER AT A GLANCE

JULY & AUGUST 2015

Tuesday, July 2nd: Foot & Leg Presentation

Friday, July 3rd: HOLIDAY—CENTER CLOSED

Tuesday, July 7th: Sourcewise Presentation

Monday, July 13th: Flower Arranging

Tuesday, July 14th: Premier Tours Presentation

Tuesday, July 14th: New Member Orientation

Thursday, July 23rd: Estate Planning Seminar

Thursday, July 23rd: A's Baseball Game

Monday, July 28th: Movie Trip (On Location)

Tuesday, July 28th: Kaiser Enrollments

Thursday, July 30th: Treasure Island Trip

Tuesday, August 5th: A's Baseball Game

Tuesday, August 11th: New Member Orientation

Thursday, August 13th: Family Calendar

Friday, August 14th: Real Estate Scams

Friday, August 14th: Summer Dance

Tuesday, August 18th: Treasure Island Trip

Thursday, August 20th: Family Calendar

Tuesday, August 25th: Kaiser Enrollments

Tuesday, August 25th: Graton Casino Trip

Friday, August 28th: Roseann's Retirement



Technology Tutoring For Seniors

Starting September 4

Fridays, 3:30-4:30 pm

Did you get a new phone, tablet or laptop and aren't sure how to use it, have questions on some of its features, or how to set up safeguards on it? Help is on the way! Students from Teach Seniors Technology (TST) will meet with you one-on-one and assist with your questions about social networking, surfing the web, the operation of basic computers, or how to use your new devices. TST can also help you learn about internet safety. TST is a non-profit organization of high school students whose goal is to educate seniors in the world of technology. These volunteers have a passion to teach technology and give back to the senior community. No appointment necessary. **Free!**

